

SHELTON SENIOR CITIZENS CENTER

81 WHEELER STREET
SHELTON, CONNECTICUT 06484
(203) 924-9324
www.cityofshelton.org

Call our main line (203) 924-9324
Info Line Ext: 1550
General Info & Reservations Ext: 1551

Vol.55 No.01

JANUARY 2025



Doreen Laucella, Director
&

The Shelton Senior Center Team
Shauna, Gina, Diane, Nancy, Sharon, Kathy
Custodians - Chris & Michelle

Dear Shelton Senior Center Friends,

Winter is here, the Holidays are over and now its time to move on to the New Year. New beginnings, new lifestyles, new resolutions and meet new friends. Come and join us and see what the Senior Center has to offer you each day.

It is so important to keep a Senior's mind and body active on a regular basis. Start this year bringing activity and comradery into your daily routine. I am very proud of the community that we have here. We would love for you to join us.

Moving forward into 2025 we are expecting many new memberships and renewals. New price of \$5.00 per resident/year. Non-Residents are \$10.00/year and have until March 1st 2025 to renew, otherwise your membership will expire indefinitely. I am sorry, there are no exceptions. Shelton residents 55 years of age and older may renew anytime throughout the year. Please note there will be no registrations on January 3rd, due to holiday party.

Looking forward to the new happenings here at the Center.

Wishing you a Happy Healthy New Year!

Doreen & The Shelton Senior Center Team

MEMBERSHIP RENEWAL

January 2025 begins membership renewal for all members. Residents are now \$5.00 and Non-Residents are \$10.00, per yearly membership. Non-Resident current members have a grace period to renew until March, if not, membership at the Shelton Senior Center will be forfeited.

We at this time are not taking on new Non-Residents. Thank you.

LUNCH SERVICE

Lunch is served cafeteria style, from 11:45AM to 12:15PM. The cost for lunch is \$5.00, on a reservation basis. Daily additional items available for an extra charge at time of purchase. You must call and reserve lunch the day before OR register yourself on the sign up sheet located at the front desk the day before. Please no messages to be left on voicemail. Contact the Center during business hours and speak to a staff member to reserve. Weekly menus will be made available the Thursday prior, at the front desk and also announced on the daily information line. **No drop-in's for lunch. Reservations and lunch selections MUST be made THE DAY BEFORE.** If lunch is ordered and you do not cancel before 9:00am the day of, that lunch you will be responsible for paying. There will be no exceptions for no shows.

DAY AND OVERNIGHT TRIPS

MEDIEVAL TIMES, NJ: March 30th. \$143.00pp.

ELVIS: April 17th. \$125.00pp.

DANCING DREAM "ABBA TRIBUTE" AT AQUA TURF: May 15th. \$129.00pp.

MUSICAL "WAITRESS" AT MAJESTIC THEATER: May 31st. \$155.00pp.

SAVOR THE FLAVOR - PROVIDENCE, RI: June 5th. \$155.00pp.

CANADA'S MAGICAL CITIES: June 19th—24th. \$2,499.00pp—\$3,274.00pp.

IT'S BETTER IN THE BRONX: June 28th. \$139.00pp.

NANTUCKET & MARTHA'S VINEYARD: August 5th-7th. \$779.00pp-\$979.00pp.

NORTHERN CALIFORNIA: September 20th-27th. \$3,889.00pp.

CHRISTMAS TIME IN BRANSON, MISSOURI: November 5th-9th. \$1,719.00pp.

WHITE MOUNTAIN RESORT: December 3rd-5th. \$629.00-859.00pp.

TRANSPORTATION

VALLEY TRANSIT: FREE transportation provided on Mondays, Wednesdays and Fridays to and from the Center. Please call 203-735-6408 to make your reservations.

For additional services Valley Transit provides at a fee. Please see brochures in lobby.

CLASSES AND EVENTS

AGE WELL: On **Wednesday, January 22nd at 10:30am**. Griffin Hospital will be here for a discussion (TBA).

AARP DRIVER EDUCATION: **Tuesday, February 11th at 9:00am**. Register now. Limited Seats.

BEREAVEMENT GROUP MEETINGS: This month's meeting will be on **Thursday, January 2nd, 16th and 30th**. The meetings will be led by Jim Linden who has over 30 years experience in facilitating. Bereavement groups for all ages. Anyone who would like to attend contact Jim at 203-561-3410.

BINGO: Bingo is held on **Mondays, Wednesdays and Fridays at 12:30pm—3:00pm**. Fourteen game play, paper cards and one special card. **\$4.00**. Bring your own dabber.

BOOK CLUB (WEDNESDAY): This month's short story book is "Of Mice and Men" by John Steinbeck. It will be held on **Wednesday, January 22nd at 1:00pm**. Limited seats

BOOK CLUB (FRIDAY): This month's book is "The Magnificent Lives of Marjorie Post" by Allison Pataski. It will be held on **Friday, January 10th at 1:00pm**. Limited seats.

JUDGE FRED ANTHONY: Probate Judge Anthony will be here for a discussion and question answer forum following on **Wednesday, January 15th at 10:30pm**. Limited seats. FREE. Call to reserve.

LINE DANCING W/ TOM: **Every Wednesday at 12:30pm**. New friends are needed for this class of dancing and laughter. Join this group who meets weekly to exercise thru dance. No need to be a dancer for these easy step classes. **\$4.00** per class drop in fee.

MOVIE MATINEE: NEW DAY & TIME! Our Movie Matinees are back in 2025! Come enjoy an afternoon with popcorn and a movie in our dining hall on **Friday, January 17th at 12:30pm**. Movie: "The Notebook" starring Ryan Gosling and Rachel McAdams, rated PG-13.

NEW YEARS PARTY: Celebrate 2025 together with us on **Friday, January 3rd at 12:00pm**. Lunch, Music, Dancing and Champagne Toast. Band: The Boomers. Menu: Pork Roast w/Gravy, Potatoes, Veggies, Garden Salad, Bread, Dessert and Coffee. Tickets available on December 6th. \$15.00pp.

SENIORS HELPING SENIORS: A discussion will be held on **Thursday, January 23rd at 10:30am**, on the topic, "What does it mean to be a caregiver?" Light refreshments served.


SINGLES SOCIAL: Join the fun! Socialize with old friends and come make new friends. This month's get together will be held on **Tuesday, January 21st at 2:15pm**.

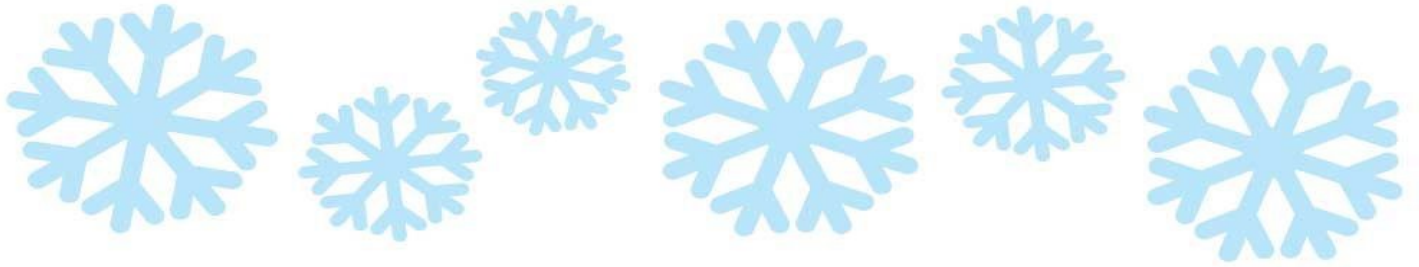
VALENTINE'S DAY PARTY: Join us as we celebrate together on **Friday, February 14th at 12:00pm**. Music by Craig Collestro. Mile High Sandwich, Pasta Salad, Chips, Dessert and Coffee. \$10.00pp. Tickets on sale January 17th.

VALLEY PARISH NURSES: Griffin Hospital is on site to do blood pressure checks and various health screenings on **Wednesday, January 8th from 10:30am-12:30pm**.



JANUARY 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>PLEASE CALL OUR INFORMATION LINE DAILY FOR UP TO DATE INFORMATION AND SCHEDULE CHANGES. (203) 924-9324</p>	<p>HOURS OF OPERATION</p> <p>8:30AM – 4:00PM</p> 	<p>1.)</p> <p>CLOSED</p>	<p>2.) 8:30-3:30: Pool 8:45:Strength Train 9:00: Chess/Cards 10:00: Square Dancing 10:00:Strength Train 10:30: Scrabble 10:30: Wii Bowling 11:00: Strive/Move Better 11:45-12:15: Lunch 1:00: Chair Yoga 1:00: Bridge 1:00: Cards 1:30: Step & Tone 2:00: Bereavement Group 2:30: Cardio Lite</p>	<p>3.) 8:00: Walking Club 8:30-3:30: Pool 9:00: Exercise 1 9:30: Toning w/Cheryl 9:30: Cyber Comp. Club 9:30: Pinochle 10:00: Dominoes 12:00: New Years Party</p>
<p>6.) 8:30-3:30: Pool 9:00: Exercise 1 9:00: Move-It 10:30: Wii Bowling 10:30: Ballroom Cardio 10:30: Drawing 11:45-12:15: Lunch 12:30: Low Impact 12:30: Bingo 12:30: Toning w/Cheryl 1:00: Painting 1:30: Low Impact 1:30: Rummikub</p>	<p>7.) 8:30-3:30: Pool 8:45: Strength Train 9:00: Chess 9:30: Bridge 10:00: Ceramics 10:00: Strength Train 11:45-12:15: Lunch 12:30:Knit & Crocheting 12:30: Mahjong 12:30: Ballroom Aerobics 1:00: Italian 1:30: Step and Tone</p>	<p>8.) 8:30-3:30: Pool 9:00: Exercise 1 9:00: Zumba Gold 10:00: Quilting 10:00: Arts & Crafts 10:30: Valley Parish Nurses Blood Pressure 10:30: Tai Chi 10:30: Cardio Dancing 11:45-12:15: Lunch 12:30: Line Dance 12:30: Low Impact 12:30: Mahjong 12:30: Bingo 1:00: Pinochle 1:30: Low Impact</p>	<p>9.) 8:30-3:30: Pool 8:45:Strength Train 9:00: Chess/Cards 10:00: Square Dancing 10:00:Strength Train 10:00: Scrabble 10:30: Wii Bowling 11:00: Strive/Move Better 11:45-12:15: Lunch 1:00: Chair Yoga 1:00: Bridge 1:00: Cards 1:30: Step & Tone 2:30: Cardio Lite</p>	<p>10.) 8:00: Walking Club 8:30-3:30: Pool 9:00: Exercise 1 9:15: Executive Meeting 9:30: Toning w/Cheryl 9:30: Cyber Comp. Club 9:30: Pinochle 10:00: Dominoes 10:00: Membership Meeting 11:45-12:15: Lunch 12:30: Low Impact 12:30: Bingo 1:00: Book Club 1:30: Low Impact</p>
<p>13.) 8:30-3:30: Pool 9:00: Exercise 1 9:00: Move-It 10:30: Wii Bowling 10:30: Ballroom Cardio 10:30: Drawing 11:45-12:15: Lunch 12:30: Low Impact 12:30: Bingo 12:30: Toning w/Cheryl 1:00: Painting 1:30: Low Impact 1:30: Rummikub</p>	<p>14.) 8:30-3:30: Pool 8:45: Strength Train 9:00: Chess 9:30: Bridge 10:00: Ceramics 10:00:Strength Train 11:45-12:15: Lunch 12:30:Knit & Crocheting 12:30: Mahjong 12:30: Ballroom Aerobics 1:00: Italian 1:30: Step and Tone 3:00: Committee Meeting</p>	<p>15.) 8:30-3:30: Pool 9:00: Exercise 1 9:00: Zumba Gold 10:00: Quilting 10:00: Arts & Crafts 10:30: Judge Anthony 10:30: Tai Chi 10:30: Cardio Dancing 11:45-12:15: Lunch 12:30: Line Dance 12:30: Low Impact 12:30: Mahjong 12:30: Bingo 1:00: Pinochle 1:30: Low Impact 2:15: Chorus</p>	<p>16.) 8:30-3:30: Pool 8:45: Strength Train 9:00: Chess/Cards 10:00: Square Dancing 10:00: Strength Train 10:00: Scrabble 10:30: Wii Bowling 11:00: Strive/Move Better 11:45-12:15: Lunch 1:00: Chair Yoga 1:00: Bridge 1:00: Cards 1:30: Step & Tone 2:00: Bereavement Group 2:30: Cardio Lite</p>	<p>17.) 8:00: Walking Club 8:30-3:30: Pool 9:00: Exercise 1 9:30: Valentine's Day Party Tickets on Sale 9:30: Toning w/Cheryl 9:30: Cyber Comp. Club 9:30: Pinochle 10:00: Dominoes 11:45-12:15: Lunch 12:30: Low Impact 12:30: Bingo 12:30: Movie Matinee 1:30: Low Impact</p>
<p>20.)</p> <p>CLOSED</p>	<p>21.) 8:30-3:30: Pool 8:45: Strength Train 9:00: Chess 9:30: Bridge 10:00: Ceramics 10:00:Strength Train 11:45-12:15: Lunch 12:30:Knit & Crocheting 12:30: Mahjong 12:30: Ballroom Aerobics 1:00: Italian 1:30: Step and Tone 2:15: Singles Social Club</p>	<p>22.) 8:30-3:30: Pool 9:00: Exercise 1 9:00: Zumba Gold 10:00: Quilting 10:00: Arts & Crafts 10:30: Age Well 10:30: Tai Chi 10:30: Cardio Dancing 11:45-12:15: Lunch 12:30: Line Dance 12:30: Low Impact 12:30: Mahjong 12:30: Bingo 1:00: Book Club 1:00: Pinochle 1:30: Low Impact 2:15: Chorus</p>	<p>23.) 8:30-3:30: Pool 8:45: Strength Train 9:00: Chess/Cards 10:00: Square Dancing 10:00: Strength Train 10:00: Scrabble 10:30:Seniors Help Seniors 10:30: Wii Bowling 11:00: Strive/Move Better 11:45-12:15: Lunch 1:00: Chair Yoga 1:00: Bridge 1:00: Cards 1:30: Step & Tone 2:30: Cardio Lite</p>	<p>24.) 8:00: Walking Club 8:30-3:30: Pool 9:00: Exercise 1 9:30: Toning w/Cheryl 9:30: Cyber Comp. Club 9:30: Pinochle 10:00: Dominoes 11:45-12:15: Lunch 12:30: Low Impact 12:30: Bingo 1:30: Low Impact</p>
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WINTER

WORD SEARCH



BLANKET
BLIZZARD
CANDLES
COLD
DECEMBER

FEBRUARY
FROST
HAT
HOCKEY
ICE

ICICLE
JANUARY
MITTENS
SKIS
SNOW

SNOWFLAKE
SNOWMAN
SWEATER
TEMPERATURE
WINTER

